**Post-Operative Instructions - Periodontal Surgery**

***Will it hurt?***

Mild to moderate discomfort may occur during the first few days post-operatively. Please use the prescribed pain killers as directed to alleviate any discomfort.

***Will I have facial swelling?***

Slight swelling and bruising may occur and can be minimized by applying an ice pack to the cheek adjacent to the area of the surgery. Keep the ice pack on for about 20 minutes per hour for the first day. **DO NOT** apply ice after the first 24 hours, as this will slow the healing and increase the risk of infection.

***Will I bleed?***

Although the bleeding has already stopped when you leave the dental office, the saliva will continue to have a reddish coloration for the first 24 hours post-operatively. In order to prevent bleeding, **AVOID** the following: smoking, hot food and drinks, drinking with a straw, spitting and rinsing your mouth. Exercise is not recommended for at least 48 hours.

If bleeding does occur, following this protocol will easily stop it:

1. Remain calm...the more agitated you become, the more you will bleed.
2. **DO NOT spit or rinse**, as this will increase the bleeding.
3. Identify the area that is bleeding.
4. Take a clean face cloth and moisten it in cold water, use it to **apply a firm pressure** to the area which must be held

for a minimum of 15 minutes.

1. If bleeding persists, use a moistened tea bag to apply the pressure

***What can I eat?***

The surgical site is fragile, and care must be taken not to chew with the treated teeth during the first 3 weeks.  
**Day 1:** Restrict your diet to cold or lukewarm and soft foods such as smoothies, yogurt, cottage cheese, soup and purees. Please visit our website for our smoothie recipes. www.paroimplanto.ca/en/recipes  
**Days 2-10: AVOID** any food that requires excessive chewing or that is crunchy or sticky such as popcorn, nuts, bread crust, raw vegetables, steak, caramel, chewing gum, etc. Eat soft or semi-soft foods and **DO NOT** chew on the side of the mouth that was operated on. You may eat foods such as eggs, minced meat, fish, soups, well-cooked vegetables, pasta and rice.

***When can I brush my teeth?***

**Day 1: AVOID** brushing, flossing or rinsing in all areas.

**Days 2-14:** You may begin brushing and flossing in non treated area as usual. However, it is important to **AVOID** brushing and flossing the teeth where treatment was done until further instructions. During this period, you must use the prescribed antibacterial mouth rinse twice a day. (Rinsing for a full minute each time).

***What will my gums look like?***

The initial appearance of healing gums varies in color from white/gray to red/blue. It is important to leave the surgical area undisturbed, because retracting the cheek or lips to have a look will hinder the healing process and increase chance of complications.

***Do I need to have a post-operative visit?***

It is very important that you return for a post-operative follow up about 7 to 14 days after the surgery. At this visit, we will remove your sutures and explain to you how to take care of the operated area in order to achieve optimal healing.

**Summary of instructions for the first 30 days after a gum transplant:**

**Day 1:**

- Avoid brushing and flossing all over your mouth. Do not rinse your mouth.

**Days 2 to 10:**

- No brushing (or dental floss) of the treated area until the sutures are removed (10 to 14 days)

- Do not chew on the side of the treated region

- Do not pull the lip to try to visualize the treated area

- Do not put the tongue on the treated region

- Use the mouthwash that has been prescribed for you twice a day for 1 minute

**Days 10 to 20:**

- Return for a post-operative follow-up appointment between the 10th and 14th day

- Gently clean the margins of the teeth near the grafted gum tissue using a swab (Q-Tip) soaked in mouthwash at least once a day for 10 days

- Chewing of soft foods only is permitted during this period

**Days 20 to 30:**

- Soft brushing (ultra-soft toothbrush) once a day for 10 days

- Brushing from the gum towards the tooth only (rolling movement)

**\*\*\* During this period, it is normal to feel sensitivity and bleeding while brushing since the area has not been used for several days. It is important to persevere, and it will return to normal after a few days.**

**Days 30 and +:**

- Return to normal brushing and flossing

- To have an ideal brushing, we invite you to watch the video created by our colleagues demonstrating the sulcular brushing technique: https://paroimplanto.ca/en/the-sulcular-brushing